

# **FiTKiDS=HAPPYKiDS**

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# Introduction

A simple message and an important truth. It is our pleasure to provide this flip chart, children's physical activity and nutrition book, poster, and training manual to assist you, a dedicated nutrition educator, in delivering this message to the children and families that you serve.

*Fit Kids = Happy Kids/NiÑOS SALUDABLES = NiÑOS FELICES* is a product of the Southwest Region (SWR) Educating Communities on Healthy Options (ECHO) revitalizing quality nutrition services (RQNS) initiative. For RQNS the ECHO team (formerly called the SWR Nutrition Services Program Integrity (NSPI) workgroup) developed the “*On the Road to Excellence*” video teleconferences. This regional effort provided an excellent method of maximizing training opportunities for WIC nutrition educators while leveraging training dollars.

In April 2003, the SWR held their second teleconference, *WIC Fit Kids*, which focused on preventing childhood obesity. The overwhelming success of this teleconference inspired state agencies within ECHO to contract with Dayle Hayes, MS, RD, to “spin” the concepts presented during the teleconference into client-focused and educator-focused training tools. The result is the *Fit Kids = Happy Kids/NiÑOS SALUDABLES = NiÑOS FELICES* “tool kit”.

This dynamic tool kit that can be customized by state agencies. You can insert culturally specific graphics and illustrations, use the kit to support current state activities, or use it with 12 vignettes on DVD from the *WIC Fit Kids* teleconference to train staff. Features of the tool kit include:

## Client-focused tools:

*Healthy Habits for Healthy Weights/Hábitos sanos para un peso sano*, is a flip chart with client information on one side. On the other side, educators will find helpful tips for “starting the conversation” about healthy weight. The flip charts (in either English or Spanish) are designed to reinforce positive eating, activity and TV behaviors, and answer parents’ questions about how they can help their children develop healthy habits. They are available in an 8 1/2”x11” size for individual counseling and a 16”x20” size for group presentations. To reinforce the messages of *Healthy Habits for Healthy Weights/Hábitos sanos para un peso sano*, the tool kit also includes *Jump for Joy/BRINCA CON BLANCA*, a children’s physical activity and nutrition book, and a poster, “Help your child build healthy habits for a lifetime./Las costumbres saludables de hoy duran toda la vida.” that can be used for education and outreach purposes. All of these tool kit materials are in print and on the DVD.

## Educator-focused tools:

The training manual contains six modules, in print and on compact disc (CD), to teach and empower staff to begin a conversation with WIC clients on issues of weight. The manual also contains a resource pocket page for WIC lesson plans, participant handouts, etc. This section can be added to by state and local staff.

# Acknowledgements

We thank the following members of the Southwest Region (SWR) Educating Communities on Healthy Options (ECHO) Group for their tireless efforts and dedication to the completion of this project. We particularly thank Ms. Debi Tipton, Ms. Lynn Wild, and Ms. Ruby Wolf for following through with the myriad contract and production details.

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We extend an enormous amount of gratitude to Ms. Dayle Hayes; without her inspiration, wit and patience this project may never have been realized.

We would also like to thank the WIC Directors in the SWR for empowering ECHO team members and for their dedication of time and resources to support this project. In addition, ECHO would like to give a special thanks to all of the support staff whose contributions came at critical times.

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ECHO looks forward to leading the SWR on the road to excellence as they continue to meet the dynamic challenges in nutrition. We hope you enjoy using this tool kit as much as we enjoyed developing it.

SWR ECHO Group  
July 2005

# Instructions

## How to Use Your Training Manual

This *training manual* is designed for WIC staff to facilitate communication with WIC parents about the sensitive subject of overweight in children. Your *Fit Kids = Happy Kids* training manual includes:

1. the scripts for six staff training modules made up PowerPoint notes pages.
2. a resources section and pocket divider for extra teaching materials.
3. one compact disc (CD) with the files for the
  - *Fit Kids = Happy Kids/NiÑOS SALUDABLES = NiÑOS FELICES* training modules.
4. one DVD with the files for the
  - *Healthy habits for healthy weights./Hábitos sanos para un peso sano*. English and Spanish flip charts.
  - *Help your child build healthy habits for a lifetime./Las costumbres saludables de hoy duran toda la vida*. poster.
  - *Jump for Joy/BRINCA CON BLANCA*, children's nutrition and physical activity book.

Equipment you will need: *Laptop computer with LCD projector, DVD player and TV monitor, 12 Vignettes DVD.*


### Information About the Six Training Modules

From Research to Practice (81 slides; 4 hours)	Theory and experience behind the messages to parents; set up of the flip chart; topics for interactive discussion about delivering messages to clients.
Myths and Realities (41 slides; 2.5 hours)	Ten myths that influence client behavior; ten realities to guide your clients to healthy habits.
Healthy Feeding (39 slides; 2.5 hours)	The child's natural ability to regulate food intake; the feeding relationship; developmental ages, stages and feeding skills.
Person of Influence (37 slides; 2.5 hours)	Feelings are more important than facts; it's not what you say but how you say it; seven tools for influencing clients toward healthy habits.
Physical Activity (33 slides; 2.5 hours)	It's not about body size, it's about moving your body. Small steps lead to big successes.
TV-Free Time (54 slides; 2.5 hours)	How TV/Screen time affects the family, the mind and the body.

## How to Edit Notes or Slides

First save the six training modules from the *FiTKiDS = HAPPYKiDS* Training Manual CD to your *C: drive*. From there you can view, edit or print the slides and notes pages by opening the PowerPoint application on your computer, then the files for each module. To modify the training notes or slides to fit your training situation, go to the *View Menu* and click on *Normal* or on *Notes Page*.

## A Sample Notes Page From the Physical Activity Training Module



**Healthy Habits for Healthy Weight**

Give your family a precious gift – good health.

Play together inside or outside every day.

- Share regular meals and snacks together.
- Make family meals a special time to eat and talk together.
- Enjoy a delicious rainbow of fruits and veggies together.
- Drink milk and water together at your meals and snacks.
- Turn off the TV and snuggle up to read together.

The messages in the **FiTKiDS = HAPPYKiDS** laptop display and design are to help families focus on developing healthy habits together -- to improve the health of adolescents and children.

They are designed to be positive -- and to reinforce the multiple physical and emotional benefits of a healthy lifestyle.

**Give your family a precious gift – good health.**

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Make family meals a special time to eat and talk together

Enjoy a delicious rainbow of fruits and veggies together.

Drink milk and water together at your meals and snacks

Turn off the TV and snuggle up to read together

## Notes Pages = Your Training Script

This is an example of what you will see at the bottom half of a notes page; this is your script.

Your audience will see only the PowerPoint slide which is the top half of a notes page.

Opportunities for interactive discussions have been placed throughout the training notes in the module From Research to Practice.

When planning your training schedule, remember to allot enough time for productive discussion and showing the training vignettes described on the next page.

You may find that time allows for only some of the discussions. When you edit, you can highlight the discussions you want to include.

## How to Print Training Handouts

For the handouts for each module, open that training module in PowerPoint. Then use the following commands in the PowerPoint File menu:

Print: Print What: Handouts: Slides per page: 2 or 3

If you want handouts in black and white, select: Grayscale and Frame slides

If you want to print in color just select: Frame slides

The handout pages are easy to read even if you duplex the pages (print front and back).

### Sample Handout Page

#### Three to a Page



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**Nutrition and physical activity are necessary for GOOD HEALTH**


**FITKIDS=HAPPYKIDS**



**Physical Activity ...It's for everybody**

- ✧ It's about moving your body.
- ✧ It's about having energy.
- ✧ It's about enjoying life.
- ✧ It's about feeling good.
- ✧ IT'S NOT ABOUT BODY SIZE.

**PHYSICALACTIVITY...FITNESSFOREVERYBODY**



## How to Match the Vignettes on the DVD to the Slides in the Training

The FiTKiDS = HAPPYKiDS DVD contains 12 vignettes, originally presented during the *FiTKiDS: On the road to excellence*, satellite training in April of 2003. The vignettes illustrate teaching points in the following training modules:

- Be a Person of Influence (37 slides; 7 Vignettes)
- Physical Activity (33 slides; 3 Vignettes)
- TV-Free Time (55 slides; 2 Vignettes)

At the time of the training, when you load the FiTKiDS = HAPPYKiDS training PowerPoint presentations in your computer, also load the FiTKiDS=HAPPYKiDS DVD in a DVD player. When needed, you will be prompted by the slide to go to the DVD player and click on the menu button for that vignette. Slides that prompt for vignettes look like this:

**Vignette 1**  
**“Everything in your life must change.... NOW.”**  
**TRT 0:44**

TRT stands for track recording time. Each vignette slide has a TRT listed so that you know how long the vignette lasts. In the case of Vignette 1, it's about 44 seconds. The numbers and titles for all of the vignettes are listed in the index below. On the FiTKiDS = HAPPYKiDS DVD you will see the full menu from below with the actual TRT.

### Index

#### Training Module: Be a person of influence

1. Everything in your life must change - NOW. (Slide 2) (TRT)
2. Be likeable. (Slide 18) (TRT)
3. This is temporary. (Slide 21) (TRT)
4. A few things I do. (Slide 29) (TRT)
5. How others make this work. (Slide 31) (TRT)
6. What idea can you try today? (Slide 35) (TRT)
7. A person of influence in 6 minutes... (Slide 37) (TRT)

#### Training Module: Physical activity

8. 5-AM Boot Camp (Slide 7) (TRT)
9. Something fun for us (Slide 25) (TRT)
10. Fun at anytime (Slide 33) (TRT)

#### Training Module: TV-free time

11. TV Zombies (Slide 2) (TRT)
12. Family fun time (Slide 54) (TRT)

If you have questions about using the training manual, CD or DVDs, contact your state WIC nutrition education or training coordinator.